

Falls are the **leading cause of injury** in older adults 65+\*

Most falls are preventable. **Let's prevent yours.**

**One-of-a-kind. Uplifting. Completely Customized.** My **workshop** will show you how to:

- **Develop strength** using your bodyweight
- Start with **simple movements designed to build confidence**
- **Master your balance & overcome the fear of falling**
- **Keep your brain youthful** with creative coordination exercises
- **Improve how you age** by training your mind & body to stay one step ahead
- Discover *your* own **extraordinary possibilities** in everyday life

The Sunshine program gently incorporates the simple everyday movements and rhythms of one's life, into **a whole new and untraditional way to exercise.**

Mike Slosberg, 88 years young

**My walking and balance have improved, along with my confidence.**

I never thought I would look forward to exercising like I do now

Otto, 90 years young

As a professional Circus Artist, I have spent my life perfecting the art of balance.



After recovering from a 6-year illness that left me bedridden, I taught myself how to stand, walk, balance and much more. Movement can challenge us as we age – that is why I am passionate about helping seniors master both their balance & their confidence!



**Tatiana Weltzien-Straathof** is a graduate of the world-renowned, *Ecole Nationale de Cirque*, and the internationally recognized yoga teacher training program at Naada. She has over 10 years of speaking experience as a keynote speaker for the **Calgary Stampeders, Royal Bank of Canada, University of Calgary, Rotary Club of Calgary**, and more. Her company, *Creating Your Sunshine*, helps seniors master their balance, prevent falls, & live with confidence and independence.

**Book a Workshop**

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